

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
COMPETITIVE	September 15	September 16	September 17	September 18	September 19	September 20	S 21
Senior Elite	5:00-5:20pm dryland 5:30-7:30pm swim	5:00-5:50pm dryland 6:00-7:30pm swim	5:30-7:00am swim 5:00-5:20pm meeting 5:30-7:30pm swim	5:00-5:50pm dryland 6:00-7:30pm swim	HERRITAGE 5:30-7:00pm swim	8-11am Block Party Intrasquad Meet	
Senior	6:30-6:50pm dryland 7:00-8:30pm swim	6:30-8:30pm swim	5:30-7:00am swim 6:30-6:50pm dryland 7:00-8:30pm swim	6:30-8:30pm swim	HERRITAGE 7:00-8:30pm swim	8-11am Block Party Intrasquad Meet	
Junior Elite	5:00-5:20pm dryland 5:30-7:00pm swim	5:30-5:50pm dryland 6:00-7:30pm swim		5:30-5:50pm dryland 6:00-7:30pm swim	HERRITAGE 5:30-7:00pm swim	8-11am Block Party Intrasquad Meet	
Junior Advanced	4:00-4:20pm dryland 4:30-6:00pm swim	4:30-6:00pm swim	4:00-4:20pm dryland 4:30-6:00pm swim	4:30-6:00pm swim	HERRITAGE 4:00-5:30pm swim	8-11am Block Party Intrasquad Meet	
Junior Development	4:00-4:20pm dryland 4:30-5:30pm swim	4:30-5:45pm swim	4:00-4:20pm dryland 4:30-5:45pm swim		HERRITAGE 4:00-5:30pm swim	8-11am Block Party Intrasquad Meet	
Junior Mini	5:00-6:00pm swim	5:30-5:50pm dryland 6:00-7:00pm swim	6:00-7:00pm swim	5:30-5:50pm dryland 6:00-7:00pm swim	HERRITAGE 5:00-6:00pm swim	8-11am Block Party Intrasquad Meet	